

# NIH SUPPORTS

## feds feed families



Federal employees are collecting Non-perishable items  
for the Capital Area Food Bank this summer!

Please bring in your non-perishable items and place them in a Donation Box near you.

### On Campus

Bldg. 1..... Cafeteria (3rd Floor)  
Bldg. 10.....ACRF Cafeteria (2nd Floor)  
Bldg. 10.....B1 Cafeteria  
Bldg. 31.....Cafeteria  
Bldg. 31.....Parking Office (B3 Level)  
Bldg. 38A .Cafeteria  
Bldg. 40.....Lobby  
Bldg. 45.....Cafeteria  
Bldg. 50.....Lobby

### Off Campus

301 N. Stonestreet Ave. Lobby  
6001 Executive Blvd.....Cafeteria  
6011 Executive Blvd. ....Lobby  
6100 Executive Blvd.....Lobby  
6120 Executive Blvd.....Lobby  
6130 Executive Blvd.....Lobby  
6700B Rockledge.....Lobby  
6701 Rockledge.....Lobby  
6701 Democracy .... NCRR Suite 206  
6707 Democracy.....Suite 304

5 Research Court.....Break Room  
2115 East Jefferson.....Lobby  
5625 Fishers Lane.....Lobby  
5635 Fishers Lane.....Lobby  
5640 Fishers Lane .....Lobby  
8717 Grovemont Circle..Cafeteria  
Gateway Bldg. (7201 Wisconsin Ave)  
10401 Fernwood.....Lobby  
Bayview-BRC.....Lobby

Thank you for your Support!

Questions and/or Comments Contact: RaShaunda Thomas at 301-451-3736 or [thomasra@mail.nih.gov](mailto:thomasra@mail.nih.gov)

For more information about the Campaign visit:  
[www.FedsFeedFamilies.gov](http://www.FedsFeedFamilies.gov)



NIH Medical Arts & Printing



## Capital Area Food Bank Food Drive Most Wanted List

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### Non-perishable Food Items

**Canned Proteins** (tuna, salmon, chicken, peanut butter)

**Canned Fruits in Own Juices or Light Syrup** (Pineapples, peaches, and pears)

**100% Fruit Juices** (all sizes including juice boxes)

**Grains** (pasta, whole wheat pasta, rice, brown rice, macaroni and cheese)

**Condiments** (tomato based sauces, light soy sauce, ketchup, mustard, light salad dressings)

**Low Sodium/ No Salt Added Canned Vegetables** (mixed, green beans, corn)

**Soups** (beef stew, chili, chicken noodle, turkey rice)

**Multigrain Cereal** (cheerios, cornflakes, granenuts, raisin bran)

### Hygiene Products

Diapers

Deodorants for men and women

Feminine products

Toilet paper

Tissues

Soap

Toothpaste

Shampoo

### Nutrition Education Programs

*(For cooking classes and cooking demonstrations, designed to teach life skills, cooking skills, meal planning, and nutrition to adults and children.)*

Brown rice (1 or 2 lb bags)

Flour (1 or 2 lb bags)

Barley (1 lb bag / box)

Olive and/or canola oil

Corn starch

Black beans (canned)

Garbanzo beans (canned)

Thyme (small size)

**Kids' Café** *(An evening meal served at after-school programs before a child goes home. Industrial sizes appreciated.)*

Applesauce Juice (100% juice only) Pasta Sauce (no meat)

Granola/Fruit bars

Graham Crackers

Peanut Butter and Jelly Pretzels/Crackers

Assorted Nuts and Dried Fruit Paper/Plastic

Cups & Plates Plastic Forks and Spoons